Family Fun Activity #1
Birding for Families

We see birds - everyday.
We see birds - everywhere.
It’s fun to be able to look at a bird and say –
“I know what you are!”

‘Birding’ – observing birds in their natural habitat – is a fun hobby
that allows everyone to: build patience, use their powers of concentration,
develop one’s keen observational skills and –
connect to our natural world.
A win win!

‘Birding’ can be done anywhere and anytime.
Once kids start birding, they’ll never see the outdoors
the same way again.

So – how to start.
Start with what you know.
Write down all the birds you can identify.
The commit to learning about a few new birds
(every few weeks) that live in your area –
or neighborhood - or backyard.

Then – you need to LISTEN.
Really listen.
And then look for sudden, quick movements.
And then - focus in on the bird to look for distinguishing marks, colors, watch their behavior.
Basically – tune into ‘nature’.
Tune into the sights, sounds and smells of your (natural) environment.

Equipment
**Binoculars:** you might consider picking up a simple pair
of binoculars. If you get more interested, then upgrade your binoculars.

**Bird ID Book or Guide:**
You can go online to check what birds
live in town, city, or region.
You could also pick up a Field Guide
([http://petersonguides.com](http://petersonguides.com))
or a Bird ID ([https://Audubon.org/bird-guide](https://Audubon.org/bird-guide)) card…
either print them or order them online.

There are lots of websites and online resources that can help you identify the birds in your area. For starters: ([https://www.audubon.org/bird-guide](https://www.audubon.org/bird-guide)).

Kids know about elephants and kangaroos and panda bears - but they may not know about the birds that live in their own backyard, or neighborhood.

And once you know the birds that live around you, *branch out* (!!!) -
visit a park, go on a hike –
and definitely go on bird walk…
they are FUN!

Birding is a year-round activity.
But a highlight of ‘birding’ is the spring and fall migration. Billions of birds are migrating in North America alone - which can lead to some crazy interesting questions:
*How do birds navigate to the same spot every year?*
*How do small hummingbirds make it across continents?*

Enjoy Nature!
Be Considerate!
And Gently Cautious!